

[ABSTRACT OF THE DISCLOSURE]

A rolling guide apparatus is provided which is reduced in size and weight, and which includes a track rail of a flexible structure of course having a function of absorbing an impact load and capable of automatically adjusting an error between mounting surfaces of the track rail and a movable block. The apparatus includes a track rail 10 with projected portions 12 projecting to the left and right, a movable block 30 having at least four sets of endlessly circulating roller rows 20 built therein which are in rolling contact with upper and lower surfaces of the left and right projected portions 12 of the track rail 10. The track rail 10 is characterized in that it has an elastically deformable flexible structure including a thin central plate portion 11 being elastically deformable to the left or right, thin left and right projected portions 12, 12 projecting to the left and right from an upper end portion of the central plate portion 11 and being flexibly deformable in a vertical direction, and fixed plate portions 13, 13 projecting to the left and right from a lower end portion of the central plate portion 11.